

Memoir Of Undiagnosed PTSD And The Healing Power Of The Horse-Human Relationship

The Unspoken Battle Within: A Story of Undiagnosed PTSD

The human mind is both incredibly resilient and highly susceptible to the scars left by traumatic experiences. Many individuals unknowingly carry the weight of undiagnosed post-traumatic stress disorder (PTSD) for years, even decades, without understanding the root cause of their pain. "Memoir Of Undiagnosed PTSD And The Healing Power Of The Horse-Human Relationship" explores one woman's journey through the depths of hidden trauma and the transformative power of the bond between humans and horses.

Unraveling the Unseen Wounds

Meet Sarah, a vivacious woman whose outward appearance masked the internal turmoil that plagued her every day. For years, her mood swings, panic attacks, and unexplainable triggers tormented her without any clear explanation. It wasn't until she stumbled upon the concept of trauma and PTSD that the puzzle pieces began to fall into place.

Through a series of therapy sessions and self-reflection, Sarah began to recognize the signs and symptoms of post-traumatic stress disorder within herself. However, her specific trauma remained a mystery until a chance encounter with a majestic horse named Spirit.

Follow Me, Friend: A Memoir of Undiagnosed PTSD, and the Healing Power of the Horse-Human Relationship by Cheryl L. Eriksen (Kindle Edition)



★★★★☆ 4.9 out of 5

Language : English
File size : 5914 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 322 pages
Lending : Enabled



Meeting Spirit: A Glimpse of Hope

Sarah's path to healing took an unexpected turn when she decided to engage in equine therapy sessions as part of her healing process. Her initial skepticism regarding the effectiveness of animal-assisted therapy was quickly dispelled as she formed a deep connection with Spirit, a remarkable horse known for his intuitive abilities.

As Sarah spent time with Spirit, she found solace in the unconditional acceptance and the deep trust that grew between them. The horse-human relationship became her refuge, a safe space where she could bear her vulnerabilities without judgment or fear. Spirit's gentle presence offered a unique form of therapy that traditional methods had yet to provide.

Healing From Within: The Power of Equine Therapy

The undeniable bond between horses and humans has been recognized for centuries, and equine-assisted therapy is increasingly being utilized as a complementary approach to mental health treatment. The deep empathy exhibited by horses, coupled with their non-judgmental and perceptive nature, contributes to their ability to assist individuals on their journey to healing.

Equine therapy allows trauma survivors like Sarah to connect with these majestic animals on a profound level. Through grooming, groundwork, and eventually riding exercises, individuals gain valuable insights into their own emotions, thoughts, and behaviors. Horses have an uncanny ability to mirror the emotional and psychological states of those around them, providing immediate feedback and facilitating self-awareness.

Sarah's relationship with Spirit allowed her to process deeply buried emotions, release subconscious fears, and learn healthy coping mechanisms. As she continued her therapy sessions, she discovered that the bond she formed with the horse was not only a source of comfort but a catalyst for her personal growth.

Breaking the Silence

While Sarah's memoir highlights her personal journey, it shines a light on the thousands of individuals who remain undiagnosed and unaware of their own PTSD. The invisible scars of trauma can manifest in myriad ways, affecting relationships, career paths, and overall well-being.

By sharing her story, Sarah aspires to create awareness and encourage others to seek the help they may desperately need. The power of the horse-human relationship demonstrated in her memoir showcases the potential for healing and personal transformation that lies within each individual's journey.

The Bold Step Towards Recovery

Remember, the first step towards healing is acknowledging the presence of inner wounds. Whether you have experienced trauma or know someone who may be silently suffering, recognizing the symptoms of PTSD is crucial. Seeking professional help and considering alternative therapies like equine-assisted therapy can empower individuals to embark on their path to recovery.

Together, we can break the silence surrounding mental health and embrace the healing power of the horse-human relationship.



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Finalist: 2022 Feathered Quill Book Awards

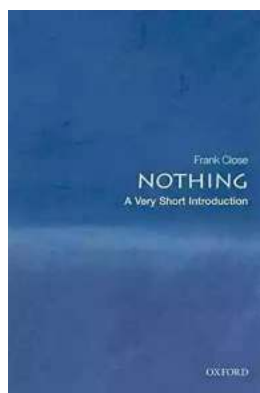
"Cheryl's life has been an incredible journey ... Yet through her writings and work with horses, she becomes an inspiration for so many." -Robin Hutton, author of New York Times best-seller Sgt. Reckless, America's War Horse

"...powerful and engaging ... potent and heartbreaking ... This book has had a profound impact on me." -Lynn Thomas, Founder of Eagala and President of Horses for Mental Health

If you were insane, would you know it? Could you hide it? How long could you keep that terrible secret? What would happen when everyone discovered the truth?

Follow Me, Friend is the true story of a young woman dealing with the daily struggles of living with undiagnosed post-traumatic stress disorder—and the healing she receives through the power of the horse-human relationship. Told through her experiences of suffering the effects of childhood sexual abuse while having no conscious memory of the abuse, Cheryl walks the reader through a life in which she believes she is crazy, and she has the voices in her mind to prove it. Spiraling deeper into depression and plagued by a destructive inner voice that takes on a personality all its own, Cheryl sees only one way out, permanently.

That is, until a small, thin, scraggly horse comes into her life and changes everything.



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